



Senior Airman Asia Nettles, 9th Medical Operations Squadron Dental Flight dental assistant, checks a patient for cavities. (Photo by Airman 1st Class George Cloutier)

## Flight provides Beale dental health, service

By Airman 1st Class  
George Cloutier  
9th RW Public Affairs

At the 9th Medical Operations Squadron Dental Flight, teeth are a big part of what they do; however there is more to their contribution than just a shiny smile. Making sure military members are ready to deploy and taking care of those who serve are among the contributions they make to the Beale community on a daily basis.

"Our main focus is making sure that people are dentally ready to deploy," said Capt. Steven Black, a dentist with 9th MDOS Dental Flight. "People shouldn't have to worry about what is going on in their mouth while they're deployed."

If a dentist determines that an Air Force member could have a potential dental problem in the next year that may disable them from performing their duty, the individual is placed on a "class three" list until the

problem is taken care of. While on the class three list, Air Force members are not allowed to deploy.

Aside from ensuring the capability of the deploying war fighter, the dental flight also fulfills their obligation to take care of those on the home front.

"The dental flight is here to support those who are supporting the mission from home," Captain Black said. "It's also just a good service."

Among the services the dental flight provides are cleanings, fillings, crowns, retainers and other forms of oral surgery. However, one of the greatest services they strive to provide is a sense of customer appreciation and comfort.

"I think the most important thing for me is to give each patient the best dental experience possible," Captain Black said. "We hope to give people a good experience and the best care we can."

see DENTAL, page 4

## New desktop configuration for ACC network users

By Tech. Sgt. Russell Wicke  
Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. — Air Combat Command is taking steps to standardize its 68,000 Windows-based computers by Dec. 31 — a change that will affect every Airman and Air Force civilian who uses a computer on the network.

This project, called the Standard Desktop Configuration, or SDC, is a first-time initiative that will provide every user with a standard operating system and improve network security.

Users can expect minor changes such as a small, green band running across the top of their screen de-

see NETWORK, page 4

## AF notifies force shaping LTs

RANDOLPH AIR FORCE BASE, Texas — Wednesday, 2,084 lieutenants in the 2002 and 2003 accession year groups learned if they were selected for retention by the Force Shaping Board.

Each officer was notified personally of their status by their senior rater. Officers deployed were notified by either the deployed commander or their home station senior rater.

The Force Shaping Board, led by a two-star board president, was broken down into panels of five consisting of one brigadier general and four colonels on each panel. Panel members were selected from the career

fields of the officers affected.

"The members of this board were charged by the secretary of the Air Force to perform the complex task of right-sizing our junior officer force by specialty," said Maj. Gen. Glenn Spears, director of force management policy, deputy chief of staff for manpower and personnel, Headquarters U.S. Air Force.

"The board members were acutely aware of the magnitude of their role in serving on the first board thus institutionalizing the FSB process and ensuring the officer corps is bal-

see FORCE, page 3

### INDEX

Editorial: Page 2  
News: Pages 3-4  
Community: Pages 5-9

Features: Pages 10-11  
Services: Pages 13-14  
Classifieds: Pages 16-17

**Happy Mother's Day!**  
Mother's Day is Sunday

UCI results:  
**9 a.m. at the base theater**



## OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open Line. If

you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

**Open Line number:**

634-8888

**Open Line e-mail:**

9RWPA@beale.af.mil

**Brig. Gen. Lawrence Wells, 9th Reconnaissance Wing commander, is greeted by several Airmen after returning from a flight Wednesday.**  
(Photo by John Schwab)

# May: time for fun, family fitness

By Sue Brewster  
Beale Exercise Physiologist

When stress is high and free-time is low, how do we make time to exercise and spend time with family too?

Take one day at a time, and make a plan. Because so many of us have children who need to exercise as well, we can incorporate something that is enjoyable for everyone. Make fitness fun! Yes, fun!

Try reviving America's pastimes like hopscotch, jump-rope, tag, water balloon wars and the old slip and slide.

They might not make the heart-rate stay elevated in your target heart-rate zone but they will burn more calories than any thumb-war game. Bringing the family unit together can inspire a little competition and ease the other life stresses that we all experience.

If you want to try a little

competitiveness; ask your child to do pushups with you, or if they're smaller, say you'll do twice as many as they do. That will make them want to do more next time, and the next time after that.

Crunches can be done the same way or have your child gently push your raised feet that you're holding together, to the sides (be careful). Have your child count your pushups and situps for you and they will encourage you to do a couple more each time.

They could also keep a logsheet of how many you've done each day, and how many they've done too. You can make up your own circuit games that you can play right in your own backyard. For example, warm-up a little by walking around, do some high leg lifts, arm circles and tell each other a joke (optional).

Then, have a timer or

your watch ready to go and time each person as they run through your home-made circuit: hopscotch, jump-rope, hula-hoop (30 circles as everyone counts), run to the fence and back, do 10 pushups, etc. You can make up your own games or let the kids generate their own unique circuit for each to do.

You can attach winner and loser rules as well. The slowest time has to set the table and put the dishes in the dishwasher.

There are many, many types of exercises that you shouldn't leave off the list that can be valuable family

time; biking, hiking, exercise videos together, walking the dog, jogging together (if they're old enough), rollerblading, pushing them in the stroller, putting them in the baby backpack and walk or try speed-walking.

Don't forget swimming, and the fun water sports for summer.

Have fun and make time to be together. It will pay off huge benefits both now and later.

Researchers have found if you shut off the TV at dinner time you can lose five pounds or more. Yes, just shut off the tube. Try it!

**“Researchers have found if you shut off the TV at dinner time, you can lose five pounds or more.”**

Sortie Update as of May 8			
	1st RS	99th RS	
Aircraft	U-2	T-38	U-2
Goal	73	270	131
Flown	21	65	35
Ahead/Behind	0	-16	0

**BAADD  
SAVES**

**38**

**THIS YEAR**

**CALL 634-5555**

**FOR A SAFE RIDE HOME**



The High Flyer is published by Nevada County Publishing, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 9th Reconnaissance Wing.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the High Flyer are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Nevada County Publishing, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

The editorial content is edited, prepared, and provided by the 9th RW public affairs division, Beale AFB, Calif. The staff can be contacted at (530) 634-8887 or via e-mail at high.flyer@beale.af.mil.

Published photos are official Air Force photos unless otherwise indicated. **Deadline for all editorial submissions is noon Thursday one week prior to publication.** Deadline for Beale classified ads is 4:30 p.m. Tuesday the week of publication.

## High Flyer Editorial Staff

**Brig. Gen. Lawrence Wells**

Commander

**Capt. Mike Andrews**

Chief, Public Affairs

**1st Lt. Jessica Martin**

Deputy, Public Affairs

**Tech. Sgt. John Asselin**

NCO-in-charge, Public Affairs

**Staff Sgt. Zachary Wilson**

NCO-in-charge, Internal information

**Airman 1st Class Christine Byers**

Editor, High Flyer

**Airman 1st Class George Cloutier**

Staff Writer

**Airman Robert Biermann**

Staff Writer

<http://highflyer.theunion.com>



**FORCE from page 1**

anced and sustainable," General Spears said.

Officers were evaluated for retention based on information in their central selection record. The record contained evaluation reports, decorations and the Retention Recommendation Form.

Officers not selected for retention will be separated no later than Sept. 29 but are still eligible to apply for the Palace Chase or the Blue to Green programs.

"The Air Force values the selfless service and sacrifice of these officers who volunteered to serve," General Spears said. "We wish them all the best in their future endeavors. It is our hope they will choose to continue their service to our great nation."

Palace Chase applicants should first contact a local Guard or Reserve recruiter to secure a position and then their local military personnel flight for an application and assistance with filling out the forms.

Officers interested in transferring to the Guard or Reserve may avoid a break in service provided they apply by Aug. 1.

Likewise, eligible officers interested in continuing their service in the Army must apply to the Blue to Green program by June 15 to ensure there is no impact on their service dates. Officers should

contact their local military personnel flight and the U.S. Army Human Resources Command to begin the process.

Army human resources can be reached at [www.hrc.army.mil/site/active/opdistacc/IST/CIST.HTM](http://www.hrc.army.mil/site/active/opdistacc/IST/CIST.HTM) or via DSN at 221-3764 or commercial (703) 325-4471. Applicants must provide the Army a statement of qualification, a physical dated within one year, the officer's evaluation reports and copies of their college transcripts.

Those officers looking for opportunities to continue to serve as a civil service employee should visit the Office of Personnel Management Web site at [www.usajobs.opm.gov](http://www.usajobs.opm.gov) for more information.

Officers not selected for retention will receive an information package explaining any entitlements they may be eligible for like separation pay and their transition benefits such as transitional healthcare coverage and permissive temporary duty. Officers should contact the appropriate base agency for more information regarding the benefits detailed in the package.

For the latest information on force shaping, visit [www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm](http://www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm).

(Courtesy of Air Force Personnel Center News Service)



## Don't become a statistic

By Chief Master Sgt. Arvin Davis  
9th RW command chief master sergeant

As we begin our 101 Critical Days of Summer, let's all refocus and ensure we have zero accidents and fatalities throughout the campaign.

Typically, trends reveal we double our incidences this time of the year as we get into the spirit of the summer months. Boating accidents, travel while visiting relatives, DUIs, speeding and no seat belts are the most common themes.

Last year at Beale we had some close calls with the grim reaper. Fortunately, we still have our team members alive and well to share their encounters through their own eyes. Supervisors, author Alan Barker tells us, "Conversation is the stock exchange where

we trade ideas ... it's the most important means of communication you possess."

So, be flexible, dynamic and creative with your safety messages during your required roll calls -- simply sending an e-mail doesn't sign this responsibility off! Conversations are the way we share meaning -- let's share a clear message of no more close calls, no fatalities, and no waste of life for not paying attention this year.

Let's stay focused on doing things the right way—the smart and safe way. We expect you to stand guard, one and all, to check your wingmen, look into their eyes and ensure they're doing okay.

I've said it before; there are no unimportant jobs in my Air Force, and we need you safe and enjoying life - don't become a statistic -- until next time, One Team ... One Fight!

## WARRIOR SPOTLIGHT

### Airman 1st Class Joanie Calvert

**Unit:** 9th Medical Support Squadron

**Job:** Medical lab technician

**Hometown:** Des Moines, Iowa

**Air Force goals:** To make the rank of senior airman below the zone and complete my Community College of the Air Force degree.

**Time in the Air Force:** Almost two years

**Hobbies:** Reading, swimming, watching movies, spending time with friends

**The thing I like best about Beale**

**AFB:** It's great location



Airman 1st Class Joanie Calvert examines a vile of blood taken from a centrifuge before it is analyzed for various properties.  
(Photo by Airman 1st Class George Cloutier)





**DENTAL** *from page 1*

In their mission to provide Air Force members with the best care possible, the professionals of the dental flight rely heavily upon each other for advice and second opinions.

"We always ask for a second opinion on things, or in a case when we're not sure what the best thing is, we can put our heads together," Captain Black said. "It's nice for the new dentists to be able to ask a guy just one room away who's been in practice for 20 years what he thinks about something. I think it's a great way to practice dentistry."

Another factor that contributes to the level of care that the dental flight is able to provide is the fact that they are not bound to the limits and restrictions that an individual's budget or insurance policy may present.

"I think people get really good care in the Air Force because we don't have to worry about doing anything besides what's best for them," Captain Black said.

In order to give people the optimal level of care, the dental flight is made up of a team of people, all with various skills, who can meet the demands of just about any problem, or any mouth.

"I get satisfaction after working with patients who have a lot of problems," said Senior Airman Asia Nettles, 9th MDOS Dental Flight dental assistant. "When I clean, afterwards people are like 'wow,' and they feel like their whole mouth is so much better."

Before the cleaning begins, there is a lot that goes into an individual's care that Airman Nettles must prepare.

"We also have to screen our records the day before for the following day," Airman Nettles said. "I also look at the patient's x-rays and their medical records."

Aside from the dentists and their assistants, there are also the lab technicians who play a big role in getting patients the care they deserve.

"We also have the two lab technicians," Captain Black said. "They make night guards, retainers, crowns and sports guards."

Though they can provide a wide range of dental care, the basic message remains the same.

"Some people don't really take care of their mouth like they should," Airman Nettles said. "Make sure you're brushing and flossing daily. You floss the teeth that you want to keep."



**Above: Capt. Steven Black, 9th MDOS Dental Flight dentist and Staff Sgt. Eun Koh, 9th MDOS Dental Flight laboratory apprentice, examine a mold.**

**Left: Staff Sgt. Vathsana Dinio, 9th MDOS Dental Flight laboratory technician, prepares a crown for a patient.**

*(Photo by Airman 1st Class George Cloutier)*

**NETWORK** *from page 1*

claring "Unclassified," and an upgrade of core applications such as Acrobat Reader, Internet Explorer, Office 2003 and more.

Every major command will have the same set of office automation tools and applications. Right now, the Air Force uses many versions of Windows including Windows XP, 2000 and NT.

This project will standardize all desktop PCs. The plan calls for every Airman using Windows-based computers to have the same set of tools.

But the benefit comes with certain restrictions. The SDC enables the Windows firewall and removes administrative privileges from normal users.

According to Joe Lahouchuc, ACC Desktop Enterprise manager, this means users will no longer be able to add, update or remove PC applications.

"The firewall and the removal of administrative privileges mitigate internal security risks and Spyware threats," Mr. Lahouchuc said. "It's another layer of security."

Until recently, the Internet and major computer networks could be compared to the American "Wild West:" vast opportunities for expansion in lawless territory.

Computer networks enable fast communica-

tions for the Department of Defense worldwide, but with so many individual users and computers in the Air Force, taking control of what goes on the network can be difficult business.

The SDC is more like the beginning of network and desktop "law" than a final solution, according to the Air Force Enterprise Configuration Management Office.

"The primary goal is PC and network security," AFECMO officials said. The project "combats the constant threat of hacker and virus attacks."

The option to personalize screensavers, wallpaper and shortcuts will still be available.

"(Users) will be able to change most settings that don't affect the (computer's) security," Mr. Lahouchuc said.

The project won't be implemented all at once. After a base is equipped with SDC, users may experience temporary setbacks such as having to re-install printers and CAC credentials.

Some cached e-mail addresses may be lost as well. Mr. Lahouchuc suggested network users back up their data to a shared drive or CD.

Although the change will likely happen at night, all base users will be notified in advance by a Notice to Airmen to allow time for backing up data.

Officials at AFECMO said all Air Force bases should be operating with SDC by December.

Currently, Airmen at Dyess Air Force Base, Texas, are testing the project. Experts there have been experimenting with the program since November. Other Air Force bases testing SDC are Fairchild AFB, Wash.; Laughlin AFB, Texas; and Schriever AFB, Colo.

"(The testing) is very manpower intensive," said Master Sgt. Dan Kunkel, 7th Communications Squadron Network Administration chief at Dyess. "We are working through the (program) to come up with a workable SDC model for ACC."

He explained after the initial growing pains, the advantages of SDC will be "enormous." Among the other benefits of standardization, Sergeant Kunkel said SDC will lead to a reduction in the amount of "hands-on" maintenance or problem calls for each computer. Software developers will also benefit.

"This brings a common operating environment for software developers," Mr. Lahouchuc said. "They won't need to make different versions of software for different commands (or bases). If a developer's program works on a computer with SDC, it will work for the whole Air Force — and eventually the whole DOD."

# Community Briefs

## Deadline for High Flyer submissions

The deadline for submissions to the High Flyer is Friday the week prior to the desired publication date. Submissions are printed on a space available basis. Any submissions submitted after the deadline will not be published until the next week. News briefs will run for no more than three consecutive weeks. For questions or more information, call 634-8887.

## Case lot sale

The Beale Commissary is scheduled to have a case lot sale in the commissary parking lot May 23 and 24. Customers can save up to 50 percent on items. For more information and a list of sale products, visit <http://www.commissaries.com>.

## AF test pilot school

The next annual Air Force Test Pilot School selection board will convene Oct. 30 to Nov. 3 at the Air Force Personnel Center. Air Force officers and civilians eligible for the school can volunteer for a joint Air Force Institute of Technology and Test Pilot School program leading to a Master of Science in aeronautical, electrical and computer engineering. Selected officers will enter AFIT for a special program, followed by entering the regular Air Force TPS curriculum 15 months later.

New applications must arrive at HQ AFPC/DPAOT3, 550 C Street West, Suite 31, Randolph AFB TX 78150-4733, no later than Sept. 15. Officers who currently have an application on file must also update their application in accordance with Air Force Instruction 99-107 no later than Sept. 15. All eligible officers may apply; however, due to permanent change of station policy constraints, the board will only consider those applicants made available for reassignment who meet time-on-station eligibility restrictions.

Overseas short tour applicants will be expected to serve the entire short tour. AFPC will determine assignment availability approximately three weeks prior to the board. Applications received after the cutoff date will not be considered by the selection board. For more information, visit <https://www.edwards.af.mil/tps>.

## Off-base road projects

Road work is currently being done on North Beale Road from Griffith Avenue to Brophy Road. The project will widen and pave the shoulders and may last up to four weeks. Delays may be up to 20 minutes due to lane closures.

## Military Spouse Appreciation Day

The Military Spouse Appreciation day event is scheduled for Friday from 9 to 11 a.m. in the Community Center ballroom. Those interested are asked to register before Tuesday by calling 634-

2863. Child care is free, and registration is needed.

## Summer household good shipments

All new Team Beale members now assigned to Beale must visit the Inbound Personal Property counter or contact the Traffic Management Office shipping office at Travis AFB at (707) 424-3189 to arrange to have a shipment delivered.

If leaving Beale stop by the Outbound Personal Property counter. Members must have their orders to make any shipment arrangements. In addition, departing personnel should know the approximate weight of their shipments to facilitate scheduling. Members should also consider the following: vehicle shipment, personal property move and weight of household goods to be shipped in determining requested packing dates as carriers are extremely busy and Travis may not be able to accommodate short notice requests.

Recommended minimum lead time is three to four weeks prior requested pack and pick-up dates, the sooner the better. Beale serves as a personal property processing office and provides outbound counseling only. Travis is the personal property shipping office and books requests based on availability of carriers. No appointments are necessary; all customers are seen on a walk-in basis. The PPO is located in the

Consolidated Support Center, Room 110, and is open Monday through Friday from 7:30 a.m. to 4:30 a.m. For more information, call Inbound Personal Property at 634-2936 or Outbound Personal Property at 634-2932.

## Flightline parking Monday

To alleviate parking on the flightline on Monday for the Wing change of command, the 9th Support Division will provide shuttle service from the base clinic at 8:10 a.m. and the Valley Chapel at 8:15 a.m. Buses will arrive at Dock 6 at approximately 8:30.

## Saturday nights at the Gold Sox

All Beale personnel and their families are invited to attend every Gold Sox Saturday night home baseball game in 2006 for free. Individuals must show their identification at the stadium gate. Minor children of Beale personnel without ID will also be admitted free.

There are 11 consecutive Saturday night home games, from May 27 through August 5. Game time is 7 p.m. and gates open at 6:30 p.m. Gold Sox home games are played at All Seasons RV Stadium, at 14th and B Streets on Ellis Lake in Marysville. For more information, call 741-3600 or e-mail [office@goldsox.com](mailto:office@goldsox.com).

see COMMUNITY, page 6

# Beale's April Reenlistees

Congratulations to the following Airmen on their reenlistment in the United States Air Force:

## 9th Munitions Squadron

Staff Sgt. David Heitzenroeder

## 9th Maintenance Squadron

Senior Airman Michael Bortle

Staff Sgt. Johnny Kiefer

Staff Sgt. Alisha Miles

Staff Sgt. Brian Spegal

Staff Sgt. Christopher Spicer

Tech. Sgt. Chris Cox

Tech. Sgt. Charles Warren

## 9th Aircraft Maintenance Squadron

Senior Airman Bradley Higgins

Staff Sgt. Mark Horn

Staff Sgt. Tanner Ike

Tech. Sgt. Robert Copp, III

## 13th Intelligence Squadron

Staff Sgt. Rudy Pankratz

Staff Sgt. Stephen Shank

Tech. Sgt. Ian MacPherson, Jr.

## 9th Maintenance Operations Squadron

Tech. Sgt. Michael Hill

Tech Sgt. Arnold Van Dine

Master Sgt. John Goode

## 9th Operations Support Squadron

Staff Sgt. Tihesha Jones Bissainthe

Tech. Sgt. Timothy Enright

## 9th Intelligence Squadron

Senior Airman Yvette Cabadas

Master Sgt. Mark Whitley

## 48th Intelligence Squadron

Staff Sgt. Richard Guzman

Staff Sgt. Stephen Mooney

Tech. Sgt. Christopher Hofman

## 9th Medical Operations Squadron

Master Sgt. Shawn O'Leary

## 9th Medical Support Squadron

Senior Airman Jessica Dewane

## 9th Physiological Support Squadron

Tech. Sgt. Darci Monroe

Master Sgt. Shannon Ledgewood

## 9th Comptroller Squadron

Master Sgt. John Stewart



**COMMUNITY from page 5****Basic investment and mutual funds**

The FSC has scheduled a basic investment and mutual funds class for Thursday from 2 to 4 p.m.

Attendees will learn about the various investment vehicles, risk assessment and evaluation and basic investment strategies. Learn about pros vs. cons of various types of mutual funds, how to evaluate funds and how to compare and select your investments. For more information or to sign up, call the FSC at 634-2863.

**Military spouse appreciation speaker**

Dixie Schneider, a motivational speaker and military spouse with 20 years of experience as a register nurse, will be speaking at the Community Center on May 19 from 9 to 11 a.m. For more information, call 634-2863.

**TAP workshop**

The next TAP workshop is scheduled for June 5 through 9, Monday from 8:30 a.m. to 4 p.m., Tuesday to Friday from 8 a.m. to 4 p.m. Attendees must have completed the mandatory preseparation briefing.

People who attend this should bring a draft resume. Transition into the civilian community smoother and find employment faster. Learn about VA benefits and have medical record reviewed. For more information, call the FSC at 634-2863.

**Be your own boss**

The FSC has scheduled a "Be your own boss" class for May 23 from 9 a.m. to noon. This class prepares people with knowledge and tools to run a small business. For

more information, call the FSC at 634-2863.

**Home selling seminar**

The FSC has scheduled a home buying seminar for May 24 from 5 to 6:30 p.m. Learn how to make a home sell in a buyer or sellers market while getting the most out of the investment. For more information or to register, call the FSC at 634-2863.

**Investment class**

An investment education program is scheduled for May 25 from 2 p.m. to 5 p.m. at the FSC. For more information, call 634-2863.

**Bundles for Babies**

Bundles for Babies is scheduled for May 31 from 5 to 7:30 p.m. Open to all ranks, Bundles for Babies provides tips on prenatal care, financial expectations and avoiding frauds targeting new parents. Attendees must arrange their own childcare for all their other children. For more information, call the FSC at 634-2863.

**ACC Family Day office closure**

The 9th Support Division's Administrative Support Flight will close May 26 to observe the Air Combat Command Family Day in conjunction with Memorial Day.

The following services will not be available: ID Cards and DEERS, Military Personnel Records, Base Records Management, Inbound and Outbound Property, Passenger Travel, Omega Travel, and Awards and Decorations. Normal service will resume May 30.

All travelers who will need to pick up tickets or conduct any last minute business with Passenger

Travel or Omega must complete it on Thursday or contact the Omega Travel 24-hour desk at 800-707-2795. For more information, call 634-5134.

**Air Force Association**

Air Force Association Chapters 116 and 333 invite anyone interested to attend a Beale tour scheduled for Wednesday from 8:30 a.m. to 3 p.m.

Participants will receive an AF-COMAC, PAVE PAWS, U-2, Global Hawk and 548th Intelligence Group tour. The sandwich buffet lunch and dessert at Recce Point cost is \$13. Tour limit is 100 people.

For more information or to reserve a spot, call or e-mail Lt. Col. Jeff Decker at 634-2400, 788-2030 or jeffrey.decker@beale.af.mil.

**9th Reconnaissance Wing UCI picnic**

The 9th Reconnaissance Wing Unit Compliance Inspection picnic is scheduled for today from noon to 4 p.m. behind the Recce Point Club. The event is open to everyone and will offer everyone an opportunity to unwind and relax from all the hard work done in preparation for the UCI. Free hot dogs, hamburgers and drinks will be available. Many activities have been planned for the day including volleyball, a bouncy castle, discounted golfing and music. For more information, call 2nd Lt. Gina Ishida at 634-9081 or Master Sgt. Tim Hampton at 634-5835.

**Breastfeeding Support Group**

Breastfeeding moms past, present and future can join the breastfeeding support group for an informal setting to discuss joys and challenges of breastfeeding. Children are wel-

come. The group meets Mondays from 9:30 to 11:00 a.m. at the Foothills Chapel downstairs in the children's area. For more information, call Maria at 788-9380.

**Attention deer hunters**

The Beale annual deer hunt is scheduled for Aug. 18 to Nov. 5. The lottery to select the hunters for this year will be held Thursday at 10 a.m. at the Environmental Conference Room, Building 2561. Prospective deer hunters must have a California Hunting License and a California Department of Fish and Game deer tag application with G7 filled in as their first choice.

All of these items can be purchased at the Outdoor Adventure Center. The deer tag application must be submitted to the 9th Civil Engineer Squadron Environmental Flight Office at 6601 B Street no later than one hour before the above drawing. For more information, call 634-4398 or 634-2738.

**Ryden Park**

Ryden Park will be closed until further notice due to safety hazards and damage from the recent rains. For more information, call Wing Safety at 634-4026.

**UCI results**

General Wells will provide the UCI results to Team Beale on today at 9 a.m. at the base theater. All are invited. The briefing will also be video streamed to the following locations: AFComac Theater, 9th Medical Group Clinic Conference Room, 9th Maintenance Group Conference Center and 9th Communications Squadron conference room.

see BRIEFS, page 7



**For Display Ads, contact  
Megan at 749-2989**

**BRIEFS from page 6****Base legal office closure**

The base legal office will be closing at noon today due to the base picnic. In case of emergency, call the command post at 634-5700. For more information, call 634-2928.

**2006 Beale Men's Softball Team**

For those interested in playing for the 2006 Beale Men's Softball Team, tryout dates are Monday at 5:30 p.m. and Wednesday at 5:30 p.m. at the base softball fields.

For more information, call Tech. Sgt. James Kasch at 634-5499.

**Asian Pacific American Heritage Month**

The month of May has been declared by the United States Congress as "Asian Pacific American Heritage Month" to commemorate the made that Asian Pacific Americans have contributed to American achievements and dedicated service to their country.

The theme for 2006 is "Dreams and challenges for Asian Pacific Americans." For anyone interested there is an APAH cultural event May 20 at noon at the Community Center where there will be food sampling, Asian cultural entertainment, martial arts, hula dancing and more. For more information, e-mail Olivia Aiono at [maoriquenn@msn.com](mailto:maoriquenn@msn.com) or 2nd Lt. Gina Ishida at [gina.ishida@beale.af.mil](mailto:gina.ishida@beale.af.mil).

**Memorial Day volunteer event**

Sutter Memorial Cemetery would like Beale Airmen to assist them in placing and retrieving about 3,000 flags on May 25 and May 30 on veterans' gravesites for Memorial Day. About 100 volunteers are needed. For more information, e-mail Senior Master Sgt. Jennifer Lucero at [jennifer.lucero@beale.af.mil](mailto:jennifer.lucero@beale.af.mil).

**9th Medical Group at the UCI picnic**

During the 9th Reconnaissance Wing picnic today, the 9th Medical Group will be providing a fun and convenient environment to showcase their vast array of medical services. Visitors can find staff members on hand ready to answer questions regarding their world-class health benefits. New products such as TRICARE online and the remote pharmacy dispensing unit will be demonstrated.

The pediatric staff will also be present. Face painting will be provided by their booster club. In addition, a TriWest representative will be available to educate and answer TRICARE-related questions. As an added convenience, TRICARE Prime enrollment will be available on site as well. A TRICARE Dental Program representative will also be present to answer questions. Public Health will provide education on West Nile Virus, snakebites, food safety and a variety of other prevention topics.

The Health and Wellness Center will provide

information on their tobacco cessation, fitness and nutrition programs along with comprehensive health education materials.

**USDA food pickup**

The USDA Food Pickup is held the last Friday of every month for Beale housing residents. All pickups are at the Foothills Chapel in base housing. Pickup times are from 10 a.m. to 2 p.m. For more information, call 634-5938.

**Education Center**

The Beale Training and Education Center offers an extensive array of on-base programs. The center is open Monday through Friday from 7:30 a.m. until 4:30 p.m. Call 634-2525 for more information or to schedule an appointment.

**Airman's Attic**

The Airman's Attic is open to assist airmen basic to staff sergeants who are new to Team Beale or have unexpected family situations that arise, free of charge. Stop by 5114-A Tern Court (near the housing fire station) and see what they have to offer.

The Attic is open Mondays and Wednesdays from 10 a.m. to 1 p.m. and Fridays from 10 a.m. to 4 p.m. For emergencies, the Attic is available after hours through the unit first sergeants. Military ID cards are required at check in. For more information, call 788-2993.

**Helping servicemembers, helping their families**  
**[www.AirForceOneSource.com](http://www.AirForceOneSource.com)**

**Foothills Chapel**

*15001 Camp Beale Highway  
(Family housing area)*

Protestant "Praise" worship service  
Sundays, 9 a.m.

(includes "Parents' Nursery" and  
children's church)

Catholic Mass

Sundays, 10:30 a.m. and 5 p.m.

Catholic Reconciliation

Sundays, 10 a.m. and 4 p.m.

Catholic daily Mass

Mondays through Fridays, 11:30 a.m.

**Valley Chapel**

*6199 C St. (Main base)*

Islamic worship

Every other Friday, 1 p.m.

Gospel Protestant worship service

Sundays, 11 a.m.

(includes children's church)

**Protestant Programs:** Sunday School (10:30 a.m.) at Lone Tree Elementary. AWANA on Mondays and JV-Varsity on Tuesdays, 6-8 p.m. at Foothills Chapel. Protestant Youth meets Tuesdays at 5:30 p.m. at the Valley Chapel and Sundays at 6:30 p.m. at Foothills Chapel.

**Protestant Bible Study Groups:** Men - Second & fourth Sunday, Valley, 5 p.m. and Wednesday, Valley, 7 p.m. Women - Tuesday, 9-11 a.m. Foothills (children welcome) Thursday, 6:45 to 8 p.m., Valley.

**Catholic Programs:** Religious Education - preschool-12, Sundays 9 a.m. at Lone Tree Elementary School. RCIA, Catholic Youth, CWOC, CMOC and Adult Bible Study call Leila at 634-4707.

**MOPS (Mothers of Preschoolers):** Second & fourth Thursdays at Foothills Chapel.

*Questions concerning marriages, baptisms, choirs, Navigators, and Officer Christian Fellowship can be directed to the chapel staff at 634-4701.*



# Beale Bijou

634-2521



Friday evening  
**ATL**  
(PG-13)

Tip "T.I." Harris,  
Antwan "Big Boi" Patton

ATL tells the story of four teens coming of age in a working class Atlanta neighborhood where hip-hop music and roller skating rule. As the group prepares for life after high school, challenges on and off the rink bring about turning points in each of their lives. The film is loosely based on Dallas Austin and Tionne Watkins' experiences growing up in Atlanta and hanging out at a local skating rink called Jellybeans.



Saturday evening  
**Larry the Cable Guy**  
(PG-13)

Joe Pantoliano, Joanna Cassidy

Larry is a big city health inspector who is happy with his usual beat of greasy spoon diners and low-rent ethnic restaurants. But his easygoing life is turned upside-down when he's saddled with a straight-arrow rookie partner and assigned the biggest case of his career: investigating an outbreak of mysterious food poisonings at the city's swankiest restaurants.



Wednesday 6 p.m.  
**Basic Instinct 2**  
(R)

Sharon Stone, David Morrissey

After re-locating from San Francisco to London, best-selling crime novelist Catherine Trammell once again finds herself on the wrong side of the law. Dr. Michael Glass, a respected London criminal psychiatrist, is brought in by Scotland Yard detective Roy Washburn to perform a psychiatrist profile and evaluation of Trammell following the mysterious death of a top sports star.

Matinees play at 1 p.m.  
Evening movies play at 7:30 p.m.  
unless otherwise specified.  
The cost is \$3.50 for adults & \$1.75 for children.



## Inspection time!

Col. Domenick Eanniello, 9th Reconnaissance Wing vice commander, and Brig. Gen. Lawrence Wells, 9th RW commander, shake hands with a member of the Unit Compliance Inspection team that arrived at the base Sunday. (Photo by John Schwab)

## Free camp sign-up deadline nears

WASHINGTON — Even though the registration deadline is only a week away, there's still room for military children to attend an "Operation Purple" summer camp free of charge, according to National Military Family Association officials.

Applications are available only online, and officials emphasized they will be accepted only through May 15.

NMFA's Operation Purple camps provide children from military families opportunities to learn new skills for managing deployment-related stress, officials said. The free summer camp program, sponsored this year by the Michael and Susan Dell Foundation and Tri-West Healthcare Alliance, was created in response to the need for increased support for military children.

Operation Purple is the only summer camp program that focuses on helping kids deal with deployment-related issues. Each camp is

"purple," meaning it is open to children of any member of the uniformed services, including the Coast Guard, and the commissioned corps of the Public Health Service and National Oceanic and Atmospheric Administration.

Applications, a list of camp locations and camp details are available at [www.operationpurple.org](http://www.operationpurple.org).

Officials encourage interested children from military families to apply for the camp nearest to their home, since travel expenses are not reimbursed.

Camps are offered in 23 states: Alaska, California, Florida, Georgia, Hawaii, Idaho, Iowa, Maryland, Michigan, Montana, Nebraska, Nevada, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, Texas, Utah, Vermont, Washington and Wisconsin.

(From a National Military Family Association news release)

# Safety day: reminder for 101 critical days of summer

By Airman 1st Class George Cloutier  
9th RW Public Affairs

The 9th Reconnaissance Wing safety office is holding a wing safety day today to kick off the 101 critical days of summer.

Following a safety briefing by Brig. Gen. Lawrence Wells, 9th Reconnaissance Wing commander, there will be a base picnic/safety fair, which will take place at noon behind the Recce Point Club.

All squadron commanders will present summer safety briefings in the morning, and various base organizations will provide information at the picnic on spider and snake safety, fire prevention, unexploded ordnance, all-terrain-vehicle safety, weapons safety, food and barbeque safety, boating safety, west Nile virus/rabies prevention, heat stress prevention, DUI goggle course and motorcycle safety.

The 101 critical days of summer is not only 101 days now however. 8th

Air Force has begun 180 critical days of summer, with new ideas and focuses for the new year.

"8th Air Force has started our new campaign, which is based around making sure our people are aware of safety on- and off-duty," said Julia Baldwin, 9th safety office safety program analyst with the Military Technologies Corp.

The on-duty campaign focuses on four areas within the Air Force, which are ground, maintenance, aviation and weapons. The four focuses shift on a monthly basis.

"The 101 Critical Days of Summer Campaign for fiscal year '06 will stress accountability and will build up on strong leadership and productive training," said Lt. Col. Craig Nowicki, 9th Safety Office chief of safety. "The 'IT'S ON YOU' and 'OPERATION STREET SMART' topics must be briefed monthly in such forums as roll-calls, commander's calls, stand-ups or as part of flight briefings."

As for off-duty activities, there are some new focuses this year, while some from previous years have remained.

"Another one of our campaigns is OPERATION STREET SMART, which is aimed at what is killing our Airmen the most, which seems to be automobile accidents," Ms. Baldwin said. "We're going to be talking about fatigue, speed, alcohol and distractions."

Not only are these factors a big focus for drivers, but for motorcyclists as well.

"There are accidents every single day in Northern Command involving motorcycles," Ms. Baldwin said.

To aid riders, a chapter of the Green Knights is starting at Beale. The Green Knights is a military motorcycle club. They will be providing information on motorcycle safety, as well as information on the organization during today's picnic and safety fair.

As with most summers at Beale,

heat stress is also going to be a focus of this year's safety campaign. This also includes heat stroke and many other ailments that coincide with over exposure to heat.

"We're also going to talk about water and boating safety," Ms. Baldwin said.

One of the new focuses for this year is party safety, which combines multiple safety elements that could arise.

"There have been instances of people getting food poisoning at parties from food that is not properly prepared or stored," Ms. Baldwin said. "Also, barbecuing safety, which is part fire safety and part food preparation safety will be a topic as well."

Though these topics are important for individuals to understand, it is also important that Airmen and families watch over each other.

"We've all got to be there for each other so we're all here to do the job," Colonel Nowicki said. "We have to be Team Beale."





# 940th's Honduras project nears completion

By Capt. Mike Chillstrom  
New Horizons 2006/Honduras  
Public Affairs

LA CEIBA, Honduras - In the small neighborhood of Los Girasoles, a schoolhouse being built by the 940th Civil Engineer Squadron is improving the local educational environment and honoring a fallen member of Beale Air Force Base, Calif.

Right now, about 105 chil-

dren attend school in an under-sized, dilapidated building made of scrap wood, sheet metal and cardboard, complete with a dirt floor. That will all change this month, when the new "School of Brotherhood" opens its doors, in memory of Capt. Heidi Palmer.

Captain Palmer, an engineer with Beale's 940th CES, was one of two Airmen killed in a March 15 car accident here.

Like her 940th CES comrades, she was deployed in support of New Horizons 2006-Honduras, a joint training exercise between the U.S. and Honduran militaries.

The 940th CES had already established a good relationship with the local community, but both sides became even closer after Captain Palmer's death.

"When we lost our captain, they (townspeople) came almost

the whole day paying their condolences, with their heads down, humbled and in shame because it happened to be a Honduran who was the cause of that accident. We were grieving, but that was a nice warm fuzzy feeling for us," said Tech. Sgt. Glenn Ellingson, a safety NCO, linguist and utilities worker.

The tragedy hit the unit hard, but got them refocused on providing a quality product to the people of Los Girasoles.

"For those who knew her and were close with her, I think it inspired them to come out and work harder," said Senior Master Sgt. Raymond Salazar, site NCO-in-charge.

Now, just weeks away from completion, the engineers are finishing electrical work, installing doors and windows, and priming and painting the building. When done, the 1,620 square foot two-classroom schoolhouse will have niceties like storage closets, bathrooms and a septic system.

Turning the blueprints into an actual school has been the work of 82 940th CES Reservists. Rotating Airmen every couple weeks, only a handful are here for the exercise's duration.

Despite a high personnel turnover, one thing that has not wavered is community support. Each 940th group that comes through has had home-cooked meals, cold bottles of soda and many local children giving high-fives.

One man, Jose Aguilar, a member of the Los Girasoles city council, has worked alongside the troops every step of the way.

"Jose's been with us since day one," Sergeant Ellingson said. "Every hour and every day we put in, he's here with us. He fixes flat tires. He lends us tools. He welds tools. He has not drawn one cent of pay - he just enjoys helping out."

Six Honduran military engineers are also assigned to the project, making it a true international military operation.

"Our Honduran civil engineers work with us hand-in-

hand. We've trained them and they've shown us better ways of doing some things," Sergeant Ellingson said.

Their work ethic has impressed the 940th CES Airmen.

"The Hondurans are very hard workers," said 2nd Lt. Jesse Cason. "It's been very rewarding to teach them the trades and the skills."

Building a concrete school has broadened the 940th CES members' construction knowledge because the people currently assigned here don't belong to "structures," the career field that deals with laying block.

"This whole crew is training out of their field, which is good for when we get deployed," said Sergeant Ellingson. "When you're deployed, you're a carpenter, electrician or wherever they put you."

The end result of this mission makes all the hard work worthwhile, the 940th CES members say.

"If you look at the other school, and then took a look at what we're building here, it's like a monument. There's no comparison," Sergeant Salazar said.

Even the nearby soccer field will get an overhaul.

"After the school is done, we're going to level (the soccer field) out and make it even better for them," Lieutenant Cason said.

The building's final touch will be adding a sign, dedicating it in honor of Captain Palmer.

"The first few days (after the accident) were certainly sad, but then we worked with a new vigor. It kind of opened our eyes to the fact that tomorrow is not promised," Sergeant Ellingson said.

Joint Task Force Asegurar el Futuro is operating New Horizons 2006 Honduras, a U.S. Southern Command-sponsored exercise designed to sharpen engineering, medical and support skills by constructing four schools, a maternity clinic and providing humanitarian medical care at 14 different locations in and around the Greater La Ceiba area.



(Above) Master Sgt. Robert Burt from the 940th Civil Engineer Squadron grades a site which will also include a soccer field at construction site Los Girasoles, Honduras on May 3. New Horizons Honduras 2006, a \$1.5 million joint U.S.-Honduras military humanitarian and training exercise, is building four schools and a maternity ward.

(Right) Tech. Sgt. Michael Price and Senior Master Sgt. Raymond Salazar, both from the 940th Civil Engineer Squadron, install an electrical conduit at construction site Los Girasoles, Honduras on May 3. (Photo by Staff Sgt. Veronica Fullwood)





# Building America's Air Force with today's youth

By Airman Robert Biermann  
9th RW Public Affairs

For nearly 60 years, an official auxiliary of the Air Force has provided America's youth with many fun and challenging opportunities at local, state and national levels that allows them to experience the wonders of aviation and space.

"The Civil Air Patrol Cadet program provides many youths with an opportunity to develop leadership skills through a love of aviation," said Francine Cronos, CAP captain for Beale Composite Squadron 19. "Many parents have credited the cadet program for communicating to their children the important role that personal integrity, self-discipline and trust play in their personal and professional success."

At or around Beale, Beale Composite Squadron 19 offers learning opportunities and challenges to its cadets.

"At our regular meetings, we practice drill and ceremonies, do physical training, learn customs and courtesies, do team building activities and learn how to properly wear our uniform," said Cadet Tech. Sgt. Jordan Cronos, Squadron 19 flight sergeant. "We also study the principles of leadership, aerospace education and moral leadership which are requirements for promotion. For aerospace education, we are currently participating in the model rocketry program and have been building rockets."

Special activities that cadets can take part in at Beale include Basic Cadet School at the Omni, Cadet Staff Training, Combat Dining In, Cadet Honor Guard Academy and Beale Family Day.

Beale Cadets also participate in community activities such as the Wheatland Beale Community Fair, the Bok Kai Parade, the Marysville Veteran's Day Parade and the Golden West Experimental

Aircraft Association Regional Fly-In at the Yuba County Airport.

"Our squadron will also be participating in the upcoming air show at Beale in June," Cadet Captain Cronos said.

Many local activities that members can participate in include survival training, search and rescue, leadership training, radio communications, model rocketry, academic and flight scholarships, flight training, disaster relief, public speaking, first aid and Cardio Pulmonary Resuscitation, photography, astronomy, physical fitness and sports activities.

"Many of us cadets have chosen future military careers, so preparation is important," said Cadet Senior Airman Zane Baker, assistant flight sergeant for Squadron 19. "We do physical activities to build muscle, and it's an indicator of how much a cadet can endure. Sports activities are an important aspect of learning to become a team player. It is also important to have leadership training because we are going to promote and become leaders one day ourselves."

"Since CAP conducts 95 percent of all the search and rescue missions in the United States, along with disaster relief, it is important to be prepared," Cadet Airman Baker said. "We will soon be participating in ground team training in preparation for search and rescue missions. First aid, CPR, survival training and radio communications will prepare us to save lives. In addition, we will help keep America safe through our participation in homeland security."

Many of the national activities that members can participate in include International Air Cadet Exchange, Cadet Officer School, National Blue Beret, Pararescue Orientation Course, National Flight Academy, Aviation Academy Airline Training, Air Education and Training

Command Familiarization Course, National Emergency Services Academy, Air Force Weather Agency Course, Hawk Mountain Ranger School, Military Music Academy and Space Camp.

"Being selected for a National Cadet Special Activity is an honor," said Cadet 1st Lieutenant Shelby Cronos, Beale Composite Squadron 19 commander. "The summer national activities serve the purpose of expanding the training of CAP cadets in their areas of interest. These cadets then apply their newly acquired knowledge to training the other cadets in their squadron. National activities are rigorous because cadets have to learn a lot in a short amount of time. Cadets attending the activities face challenges both physically and mentally. Even though they are challenging, the activities are extremely fun. Cadets have the opportunity to meet other cadets from around the nation and make new friends. Attending a national activity is an experience a CAP cadet will never forget."

The CAP cadet program has many opportunities designed to help youth develop educationally and professionally.

"More than \$100,000 in scholarships, both academic and flying, are available to cadets each year," Cadet Captain Cronos said. "One of the most competitive academic opportunities is for the one traditional slot for CAP cadets to attend the Air Force Academy Preparatory School in Colorado Springs, and about 10 percent of academy appointees each year are former CAP cadets. This year, from CAP's California Wing, seven cadets were chosen to attend America's prestigious military academies."

CAP cadets can hone their leadership skills by attending the National Cadet Officer School.

"Many cadets are given



**Cadet Tech. Sgt. Jordan Cronos, Beale Composite Squadron 19 flight sergeant, performs honor guard rifle maneuvers at the Wheatland Beale Community Fair at Wheatland Middle School. (Photo by Airman Robert Biermann)**

the opportunity to compete for the honor of attending the prestigious Cadet Officer School," Cadet Captain Cronos said. "At COS, cadets have the opportunity to go one-on-one with nationally and internationally acclaimed experts in the fields of leadership and communications."

Cadets who wish to fly are provided opportunities to develop their skills through local orientation flights, national flight academies and flight scholarships. Cadets can also earn their solo wings at the National Flight Academy.

In order to join the CAP cadet program a prospective cadet must be at least 12 years old, and up to 18 years old. A cadet may remain in the program until age 21. At age 18, a cadet may choose the option of becoming a senior member in the program. A prospective cadet cannot be married. National dues are \$20 a year; an additional \$16 fee is assessed in the first year for books and course materials. For more information, call the local unit commander, Cadet Capt. Tom Wilson, at (530) 701-8013 or visit <http://www.cap.gov>.



# Summer cycle safety....

## *Beale motorcycle club reminds riders to ride safely*

By Airman 1st Class George Cloutier  
9th RW Public Affairs

Right in time for motorcycle safety month, the Green Knights are standing up at Beale to promote motorcycle safety, awareness and camaraderie among military riders.

The Green Knights are a nationally chartered military motorcycle club with 24 chapters worldwide. Unlike other motorcycle organizations which cater to specific types of riders, the Green Knights is an all-inclusive club, which means all riders are welcome to join the organization.

"The Green Knights is open to active duty, family members, Department of Defense employees, contractors and all members of the Beale Community," said Stacey Brown, 9th Security Forces Squadron unit scheduler/trainer. "We want to bring all riders together and provide a source for mentor-

ing for new riders and also for experienced riders newly assigned here."

"The first thing new motorists need to consider is getting the proper training before you ride," Mr. Brown said.

Proper training means not only learning how to ride the bike, but also learning how to deal with other hazards and challenges that come along with riding.

"The number one difference in riding from driving is that you don't have the protection you have in a car," Mr. Brown said. "You are also smaller and not as visible to other motorists. Always wear your personal protective equipment and ride within your limits and skill level. Always leave as much margin for error or space cushion as possible when you ride. Most of the time, motorcycle accidents come back to not leaving enough margin for error."

While these are universal safety precautions,

there are certain hazards that are unique to each area. To educate riders on such hazards, the group also offers familiarization rides through the local area.

"We conduct monthly mentorship local orientation rides," Mr. Brown said. "We have a lot of roads around here with poor conditions. Riders need to be aware of these roads so they know where to and where not to ride."

One such ride will take place today at 4:30 p.m. in the Omni parking lot with a safety briefing followed by the ride.

"We also do toy rides during the holidays," Mr. Brown said. "We are also doing a group ride to Arlen Ness motorcycles in Dublin."

The first meeting of the Beale Green Knights will be at the community center May 18 at 3 pm.

For more information on the Green Knights, contact Stacey Brown at 634-0603.

## Beale teams to compete in Recce Challenge Race

By Airman Robert Biermann  
9th RW Public Affairs

Fitness and sports enthusiasts once again have an opportunity to take part in the base's free Recce Challenge Team Adventure Race scheduled for May 25 at 8 a.m.

The Team Adventure Race, hosted by the 9th Services Squadron, concludes the first ever Recce Challenge Adventure Series and will feature eight miles of biking, a two-mile trail run, and a quarter-mile raft paddle around Beale's own Upper Blackwelder Lake.

"The triathlon challenges participants' strength, solidity and perseverance over the grueling course," said Marcellus George, 9th SVS athletic director. "It has been established to challenge Team Beale members with fun, fitness-enhancing and team building events. It also helps to show participants parts of the base that they might otherwise never see."

The triathlon begins at the Outdoor Adventure Center, located on the corner of Doolittle Drive and C Street. Participants will bike 2.3 miles to Upper Blackwelder Lake, then hop in a raft and paddle a quarter mile around the lake. After paddling, participants will run 2.2 miles around a designated route and finish the race by bicycling 5.7 miles past

PAVEPAWS and back to the OAC.

"There are a lot of reasons people would want to participate in this challenge," said Major Patrick Whelan, 9th SVS commander. "Just imagine the enjoyment of completing a challenging race with three of your friends. The challenge is a great incentive for physical training. There's nothing like a little friendly competition; it's a challenge to help motivate your exercise program a little more."

The four-person teams are broken down into three divisions: men, women and co-ed. All four team members from the top three teams of each division will receive trophies.

Individual participants receive a goody bag containing a t-shirt, a Recce Challenge coin, water bottle and pen. Snacks, water and sports drinks are provided before and after the race.

Participants will have the opportunity to participate in a random drawing for four \$25 gift certificates from AAFES as well as a \$250 gift certificate from Vans Bike Center. A separate drawing will be held for the volunteers.

Teams who wish to participate must sign up by Thursday and can do so by visiting <http://www.beale-services.com/reccechallenge/index.htm>. For more information, call the Harris Fitness at 634-2258.

*Beale Air Force Base*

# RECCE CHALLENGE ADVENTURE RACE

## THURSDAY, MAY 25th!

**8:00am at the Outdoor Adventure Center**  
Sign up to compete by Wednesday, May 18th

**Start and end at the Outdoor Adventure Center**

**Upper Blackwelder Lake**

**PAVE PAWS**

- 1 Start off bicycling 2.3 miles from OAC to Upper Blackwelder Lake
- 2 Paddle 1/4 mile around Upper Blackwelder Lake
- 3 Run 2.2 miles around the designated route
- 4 Finish by bicycling 5.7 miles to PAVE PAWS and back to OAC

**Adventure Race**

- 4-person teams to include: men, women and co-ed
- Late registration: 7:00am
- Pre-Brief: 7:30am
- Estimated time to complete race: 1-2hrs
- Fastest team times will win trophies

**Do you have what it takes?**

**For more information call**  
**HARRIS FITNESS CENTER 634-2258**

Exclusive Sponsors:



# Enter Beale's funny photo caption contest!

Be a featured caption writer for this week's photo. The author whose caption receives the most laughs from the judges will have their caption published in next week's High Flyer. Here's how to enter:

1 Write an imaginative, humorous, appropriate caption for the featured photo.

2 E-mail entries to high.flyer@beale.af.mil or fax entries to 634-8895 by noon Tuesday.

3 To be eligible, you must include the photo number of the contest on your entry. Also, please include your name and commercial phone number.

4 Contest winners are announced weekly.

5 All entries become property of the High Flyer.



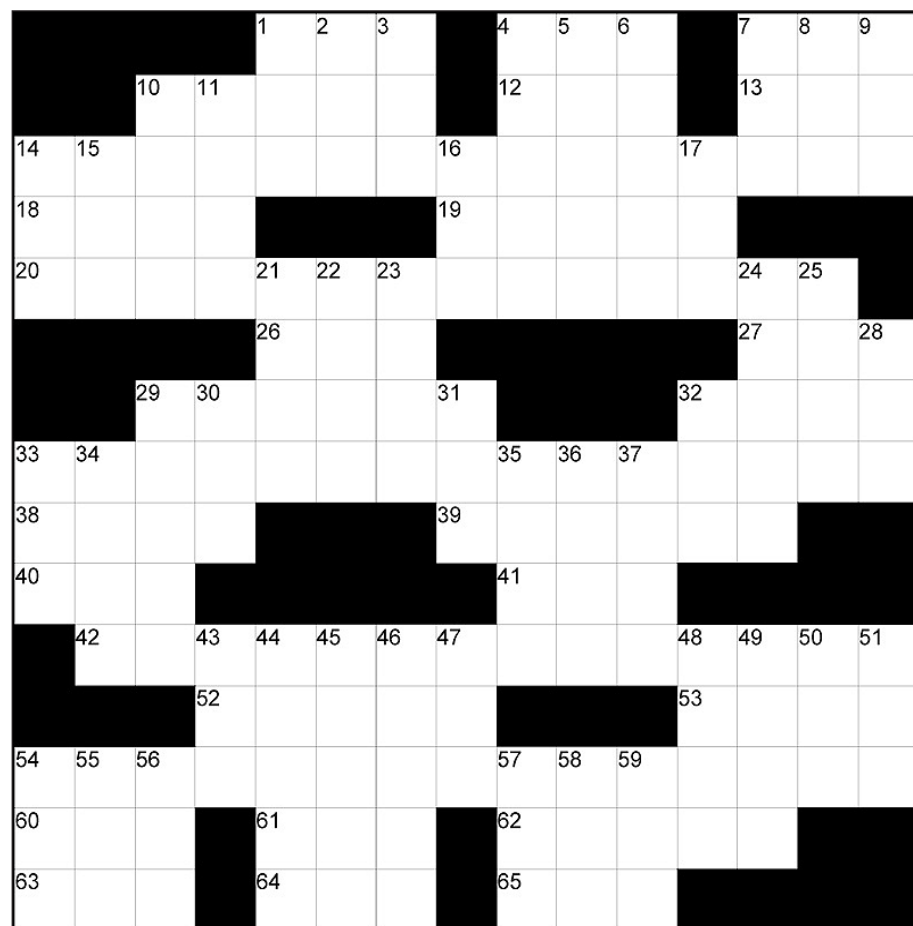
Photo 18

"The dental flight will continue to perform their mission while in MOPP-4," he said. . ." (Warren Savage, 9th Support Division)



Photo 19

E-mail submissions to  
**high.flyer@beale.af.mil**



## Military Appreciation

By Capt. Tony Wickman  
71st Flying Training Wing  
Public Affairs

### ACROSS

1. Ottoman Empire provincial governor
4. \_\_\_-jungg
7. Chinese Communist leader and theorist Zedong
10. Proportion
12. Air University state, in short
13. Sick
14. Start of General Douglas MacArthur quote
18. Burden of proof
19. Fry briefly in high heat
20. Part 2 of quote
26. Anger
27. Mock
29. Rocky's wife
32. Enthusiastic vigor
33. Part 3 of quote
38. Set of computer routines in read-only memory for startup
39. Bother
40. RQ-1 and RQ-4 mission
41. \_\_\_ Vegas
42. Part 4 of quote

52. Speak one's mind
53. Official literary language of Pakistan
54. End of quote
60. A Stooze
61. In debt to
62. Singing group member
63. Vegetable
64. Standard time in seventh time zone west of Greenwich
65. Toner

### DOWN

1. Prohibit
2. NY Giant Manning
3. Affirmative
4. Airport home to Ganci Air Base
5. AETC base
6. Caribbean island
7. USAF website ending
8. Pub order
9. Ancient
10. Profanity
11. Money
14. \_\_\_ Another Teen Movie
15. Lennon's bride
16. Compass point 112°30 east of due north
17. Perfect score
21. Ireland, formerly
22. Cheese type

23. Pb on Periodic Table
24. Windstorms
25. Health resorts
28. USN rank
29. Before now
30. ER attendants
31. Japanese dance-drama
32. Golfer Ernie
33. Japanese sash
34. Cold-blooded aquatic vertebrate
35. African country
36. Russian river
37. Space org.
43. Strike
44. Erasable and programmable read-only memory
45. Watches
46. Object within another
47. Mild exclamation of surprise
48. Gen. Anthony McAuliffe response to surrender at Bastogne
49. Instrumental music combo
50. Wedding words
51. Convent denizen
54. Urchin
55. Shoe part
56. Ocean part
57. Baseball stat
58. Covered or enclosed truck or wagon
59. Inquire





## *“Why is your mom important to you?”*



**Kyle Mells**

“Because she loves me and works in the military to protect me.”



**Camryn Ackerman**

“Because she makes me laugh, is very pretty, is nice to my brother and me and she never is tough with me.”



**Selena Hall**

“Because she is sweet and nice to all of her children.”



**Keanu Ramirez**

“Because she thinks I’m silly and she’s nice to me. She also is funny, takes care of me and takes me places.”



**Mickey Rudisill**

“Because she takes care of me, loves me, protects me, cooks for me and spoils me.”

# **Make it home safe tonight.**

## **Call BAADD**

## **634-5555**

May 5 solutions





# Warm weather brings concerns of rattlesnakes

By the 9th Civil Engineer Squadron  
Environmental Flight

California is home to 33 species of snakes, so it is not uncommon to encounter snakes while in the outdoors.

However, only six of these species, all rattlesnakes, are venomous. Only one of these species, the western rattlesnake, also called the northern pacific rattlesnake, exists at Beale.

People may fear snakes because they do not understand them or their importance in the natural world. While several species are potentially dangerous to humans, most are harmless creatures that are a vital part of their ecosystems as highly efficient predators of rodents. The main purpose of venom is not for defense; venom is a prey immobilization adaptation in snakes.

When startled by a human, rattlesnakes will often bite without injecting venom. As with most animals, the more one understands about their behavior, the better he or she can avoid contact with them.

People can still enjoy the outdoors by learning more about these intriguing animals, and by observing a few precautions.

Common sense is the best protection against venomous snake species when in the field:

- \* Always watch where you place your hands and feet.
  - \* Never reach into holes or crevices with your hands.
  - \* Never place your hands under rocks or logs to turn them over.
  - \* Never reach up onto a ledge above your sight where a snake could be basking.
  - \* Stay on paths when you are walking through tall grass.
  - \* If you know you will be hiking in an area prevalent to snakes, wear protective clothing such as boots and heavy, loose-fitting jeans.
  - \* Carry a walking stick to beat down the grass in front of you, and look down as you walk.
  - \* Use the buddy system.
  - \* If you see a snake, leave it alone! Most people are bitten when trying to catch or kill a snake.
  - \* If you suspect you or a companion has been bitten by a rattlesnake, get medical attention immediately.
- Anyone interested in learning more about local snakes can purchase a field guide for information about and identification of resident species.
- Should you need additional information, please call 9th Civil Engineer Squadron customer service at 634-2604 or Natural Resources at 634-2738.



California is home to 33 species of snakes. Of these, only six types are venomous. (Courtesy photo)

## Excess water prime factor for mosquitoes

By the 9th Civil Engineer Squadron Environmental Flight

Temperatures are rising, and standing water is everywhere. Conditions are right for mosquitoes to multiply dramatically on Beale. With the presence of West Nile Virus in the area, mosquito control is even more important than in past years.

While the base relies heavily on the Pest Management Shop to control mosquitoes and other pests, there are many actions all can take to prevent mosquito problems:

- \* Prevent breeding opportunities by emptying any water containers including buckets, wheelbarrows, tires, rain gutters and pools in housing and work areas
- \* Do not overwater lawns. Even a small puddle can produce thousands of mosquitoes.
- \* Avoid outdoor activities at dawn and dusk, when mosquitoes are most active
- \* Wear long sleeves and long pants
- \* Use an insect repellent containing DEET

Report any suspected breeding grounds or infestations to the CE customer service shop at 634-2604.

## Increase in possible mumps cases recently reported in U.S.

By the 9th Medical Operations Squadron  
Public Health Element

A large mumps outbreak began in December 2005 at a university in eastern Iowa.

Between Jan. 1 and April 20, 1,100 possible mumps cases have been reported.

The average number of cases of mumps seen in the United States each year is around 265.

The source of the outbreak and why it has spread in numbers greater than previous years is unknown, but is being pursued by the affected local and state public health departments and the Centers for Disease Control and Prevention.

**What is mumps?** Mumps is a viral infection of the salivary glands in the cheeks, associated with fever, swelling of the cheeks, muscle aches and respiratory symptoms.

It is rarely fatal but can require several days of home care or even hospitalization. Up to 30

percent of those infected may show no symptoms. It could take about two to three weeks to show symptoms once affected.

Mumps can lead to hearing loss and aseptic meningitis in about 10 percent of cases; painful, swollen testicles in 20 percent to 30 percent of males who have reached puberty; painful swollen breasts in about 30 percent of women who have reached puberty; and in a very few cases, inflammation of the ovaries.

**How is mumps spread and how can people keep from being infected?** Mumps is spread by airborne droplets or contact with saliva.

Vaccination is the best means of preventing mumps. People born before 1957, before vaccines, are considered immune to mumps due to exposure to the disease.

Children are given two doses of the mumps vaccine, along with the measles and rubella vaccines, known as MMR. Some

older children and younger adults may have had only one MMR as a child.

Other things people can do to prevent mumps and other infections is to wash hands well and often with soap, and to teach children to wash their hands too.

Eating utensils should not be shared, and surfaces that are frequently touched (toys, door-knobs, tables, counters, etc.) should also be regularly cleaned with soap and water, or with cleaning wipes.

**What should someone do if they are concerned about mumps?** Contact their primary care manager to discuss the risk. He or she may request or may be offered the MMR vaccine.

Any person who thinks he or she may have mumps or may have been exposed as a result of the recent outbreak, should notify their PCM as soon as practical.

For questions or more information, contact the Public Health office at 634-2432 or 634-4771.



## Youth Bowling- A Positive Alternative

In an ongoing effort to provide local area students with wholesome recreational activities, **Beale Lanes** announces a new program called, "Say No to Drugs, Say Yes to Bowling." The program is supported and endorsed by the community's D.A.R.E. program.

"Say No to Drugs, Say Yes to Bowling" will provide thousands of dollars worth of free bowling and shoe rentals to local students during the summer months. Beale Lanes will provide a special identification card to every student, as well as to students in several local private schools. The card entitles the student to one free game of bowling per day from June through August. Bowling shoes are also included.



*"Say No to Drugs, Say Yes to Bowling" is open to student from 5 to 17 years of age.*

Bowling is a lifetime sport that can be enjoyed by anyone, any age, and size and with any background. This program gives kids something to do during summer that is positive and constructive.

*Bowling is fun at any age and builds self-esteem in young minds.*

In addition to the free bowling privileges, the students will be invited to participate in a monthly lock-in. The first lock-in is scheduled for June 17th from 10 PM to 7 AM. Students 8-17 participating in the "Say No to Drug, Say Yes to Bowling" are invited to a full night of cosmic bowling for only \$15. Students who are not taking advantage of the free bowling program are still invited to the all-nighter for only \$25. This includes non-stop bowling, use of the pool tables, dart boards and video games, also includes a dinner, breakfast and chaperones.

For more information about the "Say No to Drugs, Say Yes to Bowling" program, contact Beale Lanes at **634-2299**.

### HELP WANTED!

**Certified Volleyball Officials**

Season begins May 15th

**Call the Harris Fitness Center at 634-2258 to apply.**

### EMPLOYMENT Opportunities

Cashier-Checker	Recce Point Club / Golf Course / Pools
Child Development Program Assistant	CDC
Cook	Recce Point Club / CDC
Custodial Worker	Lodging
Laborer	Golf Course / Lodging
Lifeguard	Pools (OAC)
Recreation Aid	Golf Course
Recreation Assistant	Youth Center
School Age Program Assistant	Youth Center
Sundry Clerk	Lodging
Swim Instructor	Pools (OAC)
Waiter	Recce Point Club

**NAF** The above NAF positions are available. Interested parties should drop in and complete an application.

**HUMAN RESOURCES • 634-2316**  
[www.bealeservices.com/humanresources](http://www.bealeservices.com/humanresources)

### Framing Shop Grab Bag Discounts

**1st, 3rd & 4th Tuesday of Every Month | 4:00 p.m. to 7:00 p.m.**  
 Show up with artwork to be framed and draw from a grab bag for discounts such as 10% off, 25% off, 50% off, free glass, free mat or free mounting. Every draw is a winner and there is no limit to number of items you can bring in for framing discounts.  
**ARTS & CRAFTS CENTER**  
**634-2294**

### GREAT OUTDOOR adventures!

#### Winchester Mystery House

**May 20th • 8:00-8:00 pm • \$25 adults, \$20 ages 6-12 Deadline 5/17**  
 Join OAC for a guided tour through all 110 rooms of this famous mystery house. View Victorian gardens, European statues and elaborate fountains. Trip includes ticket and roundtrip transportation. Stop for lunch at the Winchester Cafe or pack your own lunch and eat along the way.

#### Boater Safety Course\*

**May 20th • 9:00 am-4:00 pm • Sign up by: 5/17 • Cost: \$10**  
 Completion of the OAC Boater Safety Course is required every three years in order to rent ski, pontoon and fishing boats. This course is fun and educational. (\*CA Boaters Safety Certificate required.)

#### Golden Gate Bridge, Point Bonita Lighthouse & Marin Headlands Beach

**May 21st • 7:30 am-7:30 pm • Sign up by: 5/17 • \$15 adults, \$10 child**  
 Your day begins with the spectacular Golden Gate Bridge then onto a half-mile trail to Point Bonita Lighthouse. The day finishes at the beach to explore the natural habitats in the area. Bring a picnic lunch, snacks beverages and your camera!

### MAY SPECIAL

**\$50 Off any Ski Boat Rental** (excludes holidays).

**OUTDOOR ADVENTURE CENTER • 634-2054**

## 2006 Beale Cup May Events:

#### Tuesday, May 16th:

• **PT Challenge** ( 7:00 a.m. Harris Fitness Center )

#### Wednesday, May 17th:

• **Paddle, Pedal & Pant Relay** ( 7:30 a.m. Upper Blackwelder Lake )

#### Thursday, May 18th:

- **Joust** ( 11:00 a.m. at the Base Running Track )
- **Strongest Man/Women** ( 11:00 a.m. Base Running Track )
- **Fastest Man/Women** ( 11:00 a.m. Base Running Track )
- **Tug of War** ( 12:30 p.m. at the Base Running Track )

**Sign up at Harris Fitness Center • 634-2258**

#### Beale Cup Scoring System:

Team entry-10 points (max 4 participants)  
**1st Place-5 points • 2nd Place-3 points**  
**3rd Place-2 points • 4th Place-1 point**

Beale Cup points will be awarded based on participation and event results with the group earning the most points winning the 2006 Beale Cup trophy and the distinction of the most fit to fight group. If a group has 2 teams place in the top 4 spots, points will be awarded to the highest placing team ONLY.

**VISIT [WWW.BEALESERVICES.COM/BEALECUP](http://WWW.BEALESERVICES.COM/BEALECUP)**  
 for the latest updates and additional event information

### SAN FRANCISCO

#### GIANTS TICKETS

**ON SALE NOW!**

Price varies depending on Seating  
 \$24-\$30 each

**LIMITED TICKETS**

**Sun. May 14th vs. LA Dodgers**

**Sat. June 24th • VS. Oakland A's**  
**Sat. Aug. 26th • VS. Cincinnati Red's**  
**Sat. Sept. 9th • VS. San Diego Padres**



#### OAKLAND A's TICKETS

**ON SALE NOW!!!**

Plaza Outfield \$10 each

**Sun.\* June 18th**

VS. Los Angeles Dodgers @ 1:05 pm

**Sun.\* July 9th**

VS. Los Angeles Angels @ 1:05 pm

**Sat. & Sun\* July 16th & 17th**

VS. The Chicago White Sox @ 1:05 pm

**\*Tailgate Parties for Every Sunday Game!!!**

Sign-Ups at the OAC \$23.50 for tickets, transportation & Lunch!

**CALL 634-4882 FOR DETAILS**

**OAC / ITT**



## Baseball Performance Camp

Learn the fundamentals of Baseball from former professional homerun champion with the Colorado Rockies! Casey Fuller All-Star Baseball offers professional baseball instruction and strength training. He's coming to the **Youth Center's** Little League field on May 20th from 9 AM to 12 PM. (Check-in will start at 8:30 AM) Casey's mission is simple, he wants to improve the performance of baseball players at all skill levels. For \$35 your child can move towards the next stage of baseball, focusing on the five trademark tools of baseball: hitting for average, hitting for power, running, throwing and playing defense. This camp is open to children 7-13 yrs but space is limited so be sure to register early. Signup deadline is May 18th.

### History of Casey Fuller

In 1997, his senior year in high school,

Casey was drafted in the 40th round by the Minnesota Twins. When he graduated, Casey went on to play baseball for Sacramento City College. In 1998, Casey was drafted by the Montreal Expos in the 25th round, but did not sign. He went on to play for the University of Mississippi on a pitching scholarship. He played three professional seasons, and won the Pioneer Baseball League homerun championship in the in 2003 season.

What should players bring to camp? Players should wear baseball pants, a helmet (if you have one), cleats, bat, a cap and their gloves. Most importantly, be sure to bring some water!

For more information on the Casey Fuller All-Star Baseball Camp, call Jeanene at 634-2142.



Homerun champion Casey Fuller will give instruction at all skill levels.

May 24th • 10:30 a.m.



A craft will be included & library items can be checked out by participants.

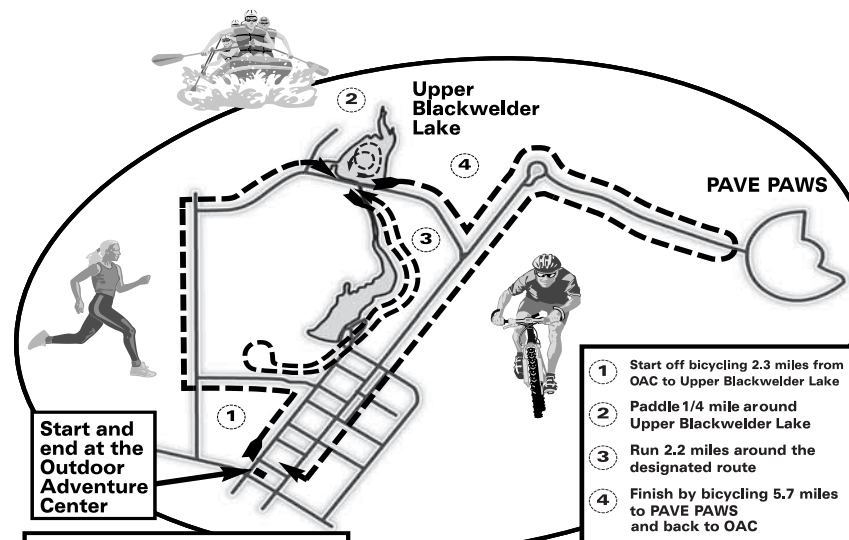
**Hub Zemke Library**  
 634-2314

## RECCE CHALLENGE ADVENTURE RACE

**THURSDAY, MAY 25th!**

**8:00am at the Outdoor Adventure Center**

Sign up to compete by Wednesday, May 18th



### Adventure Race

- 4-person teams to include: men, women and co-ed
- Late registration: 7:00 am
- Pre-Brief: 7:30 am
- Estimated time to complete race: 1-2 hrs
- Fastest team times will win trophies

**Do you have what it takes?**

For more information call  
**HARRIS FITNESS CENTER 634-2258**

Beale AFB  
**SERVICES**  
 Combat Support & Community Service

**Fitness & Sports**

Corinthian Homes

Exclusive Sponsors:

**VITEK**  
 MONTROSE GROUP  
 BULLDOG DIVISION



### MAY TOURNAMENTS & EVENTS

May 14th • MOTHER'S DAY, 10 am  
 Moms play for \$1

May 16th • 7 SWS GOLF DAY, 9 am  
 ENLISTED GOLF CLINIC • May 16 2-3:00 pm  
 ACTIVE DUTY GOLF DAY • May 19  
 JUNIOR CLINIC • May 20 2:00-3:00 pm

**LEARN TO PLAY GOLF**  
 only \$99

**Coyote Run Golf Course 788-0192**

## Disney BLOCK PARTY!

May 16th • 5-7:30 pm

Food • Bounce House

Drawings for Prizes

\$4 adults / \$1 kids 3-15

Community Center

634-3140

## Youth Center CORNER

### FULL DAY SUMMER PROGRAM

Ages K-12 • Registration begins in May  
 June 1st thru August, 6:15 am-5:30 pm. This  
 year's theme, "Passport to Diversity" where  
 children will be learning about other countries,  
 traditions, careers and hobbies. Includes  
 breakfast, lunch and a snack. Call for info.

### PART DAY SUMMER PROGRAM

Ages 13-14 • Registration begins in May  
 June 1st thru August, 6:15 am-5:30 pm. We  
 will offer programs with special appeal for this  
 age group; such as creative expression, sports,  
 outdoor recreation, leadership development,  
 peer helping, practical skills, mentoring and  
 personal improvement. Other activities would  
 include exposure to woodworking, pottery,  
 music, physical, art and science expertise.

### SWIM TEAM REGISTRATION

May 1st-16th • Age 4-18

\$40. members, \$50. non-members  
 Participants must know how to swim.

### TEEN SCANDIA TRIP

May 13th • 4:00-9:00 pm • Age 13-18

Go-Karts, Miniature Golf, Video Games

\$15 members, \$20 non-members

### PING PONG TOURNAMENT

May 17th • 4:00-5:00 pm • Age 9-18

**Call 634-4953**

Sign up deadline: May 18th

**AMERICA'S**

**KIDS • RUN**  
 MAY 20TH, 2006

**FREE** STARTS AT 9:00 AM  
 RUN AT THE GOLF COURSE TRAIL

An opportunity for kids and families  
 to enjoy a fitness walk / run.

- 1/2 mile FOR KIDS 6 & UNDER
- 1 mile FOR AGES 7 & 8
- 2 miles FOR AGES 9-13
- 5K run FOR OLDER KIDS & ADULTS

**COMMUNITY CENTER**  
 634-3140

